



Milos outmatched

Canadian tennis stars inspire young Halifax players **metroNEWS**
Raonic fails to reach next level in Wimbledon final **metroSPORTS**

Halifax metro

**INSIDE
THE DALLAS
SHOOTER'S
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Your essential daily news | MONDAY, JULY 11, 2016

High 19°C/Low 13°C Scattered showers



HALIFAX HEROES

'A GOOD SAMARITAN'

Woman brings francophone community together — on air

metroNEWS

Donna d'Entremont behind the OUI 98.5 FM radio station in Halifax last week. ZANE WOODFORD/METRO

Cabbie charged, councillor calls for changes

SEXUAL ASSAULT

Reinstating taxi committee could curb 'incidents'



Zane Woodford
Metro | Halifax

After another taxi driver was charged with sexual assault over the weekend, one Halifax regional councillor is calling for the municipality's taxi commission to be reinstated.

"When we had a taxi commission in place, these incidents were few and far between, and in fact, I don't really recall incidents of this nature nor do I recall anything this serious," Coun. Steve Adams, who chaired that commission, said in an interview on Sunday.

On Saturday, Halifax police said a 44-year-old man was charged with sexual assault after a female passenger said she was kissed and touched inappropriately early that morning.

Adams said that while the driver isn't automatically suspended from driving a taxi, he would likely have his licence revoked this week. "Generally speaking, the driver will be suspended and then they'll most likely appeal that decision to the appeals committee," he said.

Adams said he's "annoyed" by these incidents, and added "something has to be done here."

"I feel so bad for the women in the city, who are thinking, 'How in the heaven's name am I going to get home?'" he said.

"They're scared to death. I can't imagine the fear they're going through."

He believes reinstating the committee could provide better oversight for the industry, and help to curb these incidents, of which he said "one is too many."

The taxi commission folded in 2010 when the municipality implemented standing committees.

"We could go over some of the guidelines, some of the rules, and make some recommendations that, 'It is inappropriate to do the following...' because apparently someone isn't getting the message," he said.



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Seamen set sail for victory

The harbour mist Sunday morning was the ideal backdrop for 13 sailboats that took up positions to race from Halifax to Saint Pierre and Miquelon. The Route Halifax Saint-Pierre takes place every two years and saw competitors from United States, Quebec, the French Islands and also Nova Scotia leave in boats ranging from 21 to 65 feet long. Some of the faster class vessels are expected to reach Saint Pierre and Miquelon by late Monday.



Jeff Harper
Metro | Halifax

1 Some of the larger sailboats cross the start line in Halifax Harbour Sunday to start the race.

2 Shanawdithit, from St-Pierre et

Miquelon, gets into position to leave.

3 Crew members of the Wabi from Herring Cove, sail up.

4 The Saraphie, left, of Halifax and the Illusion from Crouses Settlement, Nova Scotia, head out of the harbour.



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HALIFAX HEROES Ordinary people doing extraordinary things

'Keystone of the radio station'

CULTURE

Volunteer helps francophone community bond on the air



Yvette d'Entremont
Metro | Halifax

Chatting at a patio table overlooking her well-tended gardens, it's easy to understand why Donna d'Entremont is a go-to person when people need things done.

The retired primary school teacher is a passionate advocate for promoting the French language and bringing together the diverse local francophone community.

She has been a driving force behind the region's only community francophone radio station, recently re-branded OUI 98.5 FM, since it hit the airwaves in 2007.

The non-profit station's secretary Souhael Bouallagui described her as the station's most devoted volunteer.

"In the many years Donna has been a volunteer with OUI 98.5, she has spared no effort nor counted her time or donations," Bouallagui said.

"She truly is the keystone of the radio station, which probably wouldn't exist any more if it wasn't for her."

In addition to doing a morning show, she and her husband host a Sunday evening show. Before the station had enough volunteers to help share the burden, d'Entremont also cleaned the radio station's offices herself.

"It's not that big and you're not going to hire a



Donna d'Entremont behind the mike at OUI 98.5 FM. ZANE WOODFORD/METRO

It is a tool to get to all of these different groups together.
Donna d'Entremont

firm to do the cleaning so I'd do all the cleaning," she said

"It seems I do a bit of everything. I've done being a host and I've worked the controls and go to many, many

meetings, and this past year I found out exactly what goes into the operation of a community radio station."

Her involvement began at the radio station's incep-

tion because her husband, Serge Desjardins, was the first president. She said the pair felt it was important to have a French language station.

"It is a tool to get to all of these different groups together and become a point where if anybody wants to know what's going on in the community they can listen to the radio station," she said.

"You're going to find out all the different activities going on in French regardless of if you are an Acadian or Quebecer or if you're French from France or Belgium or Africa or Lebanon.... It is important to gather them altogether."

When she's not volunteering at the radio station, d'Entremont sings with the French choir Les Voix

d'Acadie, an endeavour she has enjoyed since 1989.

She's also a volunteer at her church, St. Benedict's.

"I'm what's called a Good Samaritan. If there's somebody disabled, and usually they're older and need help going to the doctor's office, I drive them there and either stay with them there if need be or just drop them off and pick them up," she explained.

"And I'm working the garden at the church.... So I'm occupied. I retired in 2005 and I haven't stopped since."

An artist, she also donated a painting to the Kermesse fun fair in support of the IWK Health Centre.

D'Entremont said she volunteers her time because she can't imagine doing anything else.


"We all have our own language, we all have our culture and we have different ways of thinking about things," she said.

"But we're all under one sun, under one moon and we're all on this Earth together. When we get people working together, we can accomplish great things."


+ NOMINATIONS

Do you have someone to nominate?

Each Monday, we will profile an unsung volunteer hero in our community as part of Halifax Heroes. To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #HalifaxHeroes



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Champs inspire young players

RECREATION

Canadian tennis stars have kids keen to take up sport



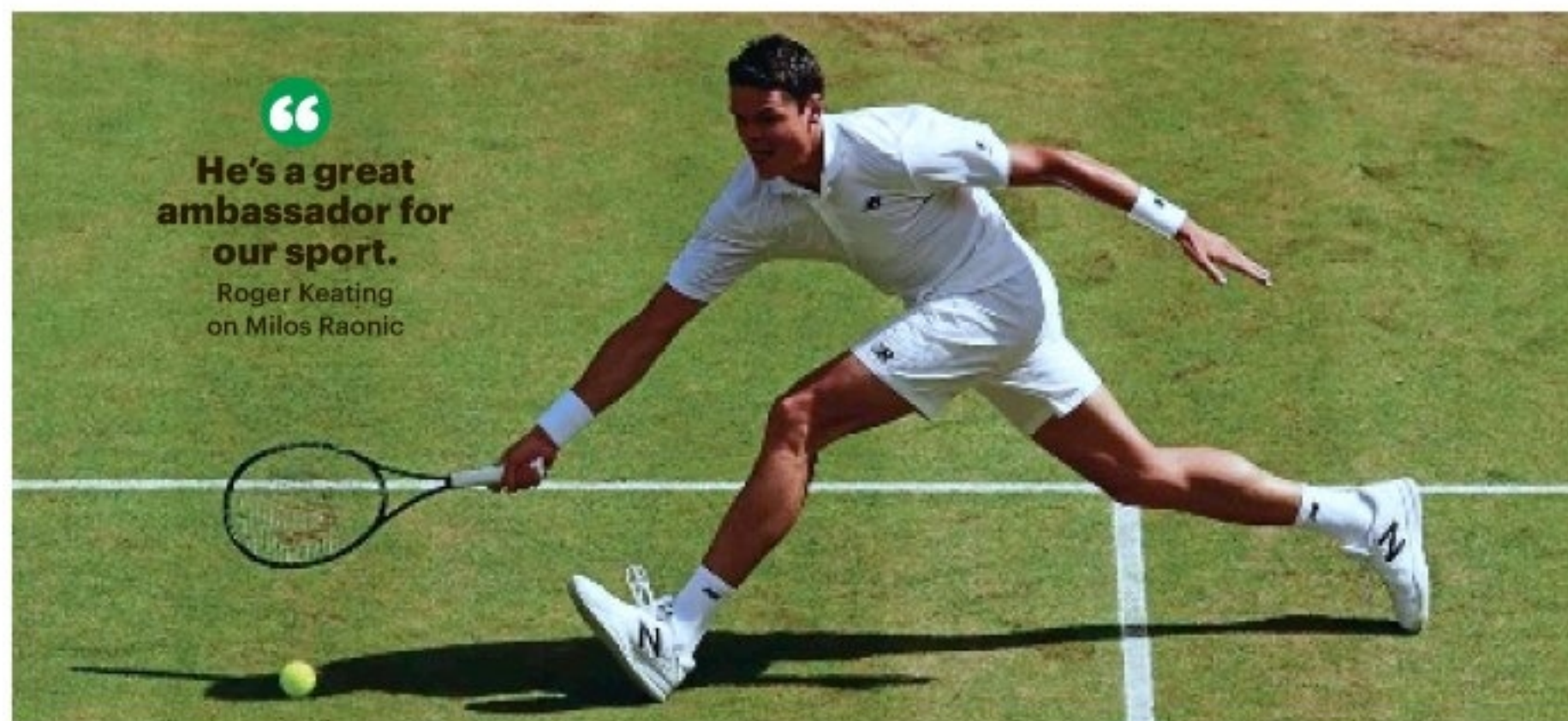
Kristen Lipscombe
Metro | Halifax

It seems Nova Scotia has nothing but love for tennis.

The sport is netting so many new players, in fact, that the province is running out of places for kids to play, according to Tennis Nova Scotia.

"We're kind of maxed out," executive director Roger Keating said Sunday. "It's at the point (that) in a weekend tournament, we don't have the courts to run, because we have too many kids."

The jump in tennis participation is much in part due to the recent success of Canadian players like 2014 Wimbledon runner-up Eugenie Bouchard of Montreal and most recently, 2016 Wimbledon runner-up Milos Raonic of Thornhill, Ont.



Milos Raonic plays a forehand against Andy Murray during the Men's Singles Final at Wimbledon. ADAM PRETTY/GETTY IMAGES

“He’s a great ambassador for our sport.”
Roger Keating
on Milos Raonic

"Our sport has just been growing over the last four or five years with all of these great players," Keating said shortly after Raonic lost out to Andy Murray in three straight sets at Wimbledon.

On Sunday, Raonic became the first Canadian man to play

in the singles final at a grand slam. Bouchard made history when she became the first woman to do the same two years ago.

The sport's recent popularity here can also be traced back to the Davis Cup, an elite international event which played

out at the Scotiabank Centre in September 2014, Keating said. "It was great to see so many people come out to that."

At that playoff tie, Raonic led Canada to a 3-2 win over Colombia, helping the red and white stay among the 16 teams in the world group.

The Davis Cup was so successful in Nova Scotia's capital that it could be making a return to the city very soon, Keating confirmed.

"We might be having the Davis Cup back in September," he said. "We'll know that in two weeks."

This year's Canadian bid was between Halifax and St. Catharines, Ont. with the players themselves choosing to return here, Keating said. But the event coming back depends on which country Team Canada needs to play.

Halifax Regional Municipality's special events advisory committee has recommended council approve a \$50,000 fee to help Tennis Canada host the event here.

The tentative dates for this year's Davis Cup tie in Halifax are Sept. 16-18, with an estimated event budget of \$700,000 and a potential 20,000 fans over three days.

The province's growing number of aspiring Team Canada players would certainly watch.

"We're having the most success we've had in a long time," Keating said.

Tennis Nova Scotia is working with the municipality and the provincial government to develop a regional training centre.

"Maybe we'll have a Wimbledon finalist come from Halifax down the road," he said.



GRIDLOCK FESTIVAL HIGH NOTE

Beach Slang lead singer and guitarist James Alex gets airborne during the band's raucous set at the first-ever Gridlock Festival on Saturday night. More than two dozen bands hit the stage on the grounds of Citadel High School.

ZANE WOODFORD/
METRO

KINGS COUNTY

Woman rescued after cliff fall



Philip Croucher
Metro | Halifax

A Dartmouth woman suffered serious injuries after falling 30 feet down a cliff at a popular hiking trail trying to rescue her two dogs.

The RCMP were called to Cape Split in Kings County around 1:45 p.m. Saturday according to a release.

Police say the woman fell from the cliff, and needed to be rescued after she became stranded.

The 26-year-old woman ran into trouble after trying to rescue her two dogs, the release added.

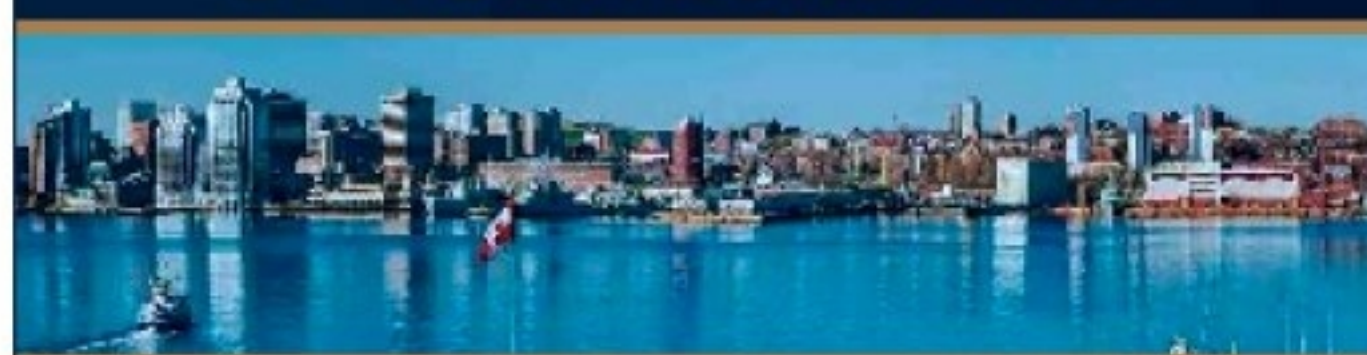
A military Cormorant helicopter was called to the scene, along with a rope rescue unit, which saw one of its members travel down

30 feet to rescue the woman, and then a further 50 more feet, to a beach area where a New Minas Fire Service boat was waiting to take her to a nearby wharf.

The 26-year-old was eventually taken by ambulance to Valley Regional Hospital with injuries described as serious.

Both of the dogs were also rescued, and neither was injured.

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BADDECK

Bell Bay Golf Club closed after fire destroys clubhouse

In stark contrast to the pristine golf course surrounding it, the clubhouse at Bell Bay Golf Club was reduced to charred debris Sunday morning after being levelled by fire.

Flags at the Baddeck golf course flew at half-mast and the course is now temporarily closed, but plans were already in the works Sunday to have golfers back on the greens within days, as the golf course itself and the golf cart building were not damaged.

The clubhouse fire was reported around 12:25 a.m. on Sunday, according to Baddeck fire chief Darren MacAulay, who lives in the village.

"When I came out of my house I could see the orange glow in the sky and when we landed here the place was fully engulfed," he said, noting they quickly called Middle River and Whycomagh volunteer fire departments for assistance. "It was a long night."

No one was in the clubhouse at the time of the fire and there were no injuries.

MacAulay said an excavator was used to knock down the fire, which is now under investigation by the fire marshal's office and the RCMP.

"Right now it's just too early to say anything about a cause of the fire," said deputy fire

marshal Paul MacCormack.

Bell Bay Golf Club opened in 1997. Scott MacAulay, a co-founder and original investor in the golf course, said the plan is to rebuild but details and a timeline for construction of a new building have yet to be determined.

"We're focusing on getting the facility back up and running," he said. "By mid-week, we hope to be back (in operation)."

MacAulay commended local firefighters for their efforts in battling the fire and protecting the course and other buildings on site.

"They just did a fabulous job."

Sandy Campbell, co-founder and former co-owner of the golf course, said it was hard to watch such an iconic part of the community be destroyed by fire. And as executive director of the upcoming Cape Breton Open, a PGA Tour Canada tournament scheduled to take place at Bell Bay from Aug. 29-Sept. 4, Campbell said talks are already underway about the impact on that event. LAURA JEAN GRANT/CAPE BRETON POST/TC MEDIA



The clubhouse at Bell Bay Golf Club in Baddeck was destroyed by fire early Sunday morning. CONTRIBUTED



Presumptive U.S. Republican presidential candidate Donald Trump has unwittingly boosted visitors to Cape Breton, especially unhappy Americans. MARC PISCOTTY/GETTY IMAGES

American tourists flood Cape Breton

MARKETING

Tourism site overwhelmed thanks to 'Trump Bump'

A Nova Scotia island being touted as a haven for Americans unhappy with the prospect of a Donald Trump presidency has seen more than a threefold increase in traffic to its tourism website this year, translating into around 3,500 bookings.

Cape Breton hotels and B&Bs sold 30 per cent more overnight stays in rooms in April compared to the same month last year, according to Nova Scotia tourism.

Mary Tulle, CEO of Destination Cape Breton, says since the so-called "Trump Bump," the tourism association needs at least two full-time staff members just to keep up with online and phone inquiries.

+ GOLF COURSES

Mary Tulle says anyone is welcome to tee off at one of Cape Breton's lush 18-hole courses, including Donald Trump. "Of course, Trump owns brilliant golf courses as well," Tulle says. "In my life right now, everything is possible."

"I think what we've really tried to do is seize the privilege we've been given," Tulle said in an interview. "It really was quite a unique tumbleweed of activity."

Cape Breton was thrust into the spotlight in February when local radio host Rob Calibres set up a website pitching the region as a charming, Trump-free paradise that embraced visitors from the other side of the border rather than putting up walls, a reference to Trump's proposal to put a wall

on the border with Mexico.

The "Cape Breton if Donald Trump Wins" site went viral and set off an international media frenzy, including a video report aired by cable news giant CNN.

Tulle says the unprecedented interest in Cape Breton has attracted around 1.5 million page views on the website, about a third of the clicks from curious Americans.

The tourism association even launched a companion site with information on how Americans who wouldn't want to stay in the U.S. if Trump became president can move to Canada and start a new life in Cape Breton.

Last month, Tulle sent U.S. President Barack Obama a hand-written invitation to Cape Breton as thanks after he gave the island a shout-out during Prime Minister Justin Trudeau's White House state dinner in March.

THE CANADIAN PRESS

CRIME

Three arrested after gas station robbed at knife point

Police have arrested two men and a woman after a Halifax gas station was robbed at knife point on Sunday morning.

Halifax Regional Police say officers were called to the Irving on Robie Street at about 5 a.m. after two men produced a knife and robbed the store of cigarettes, money and other items. The men then fled the scene. No one was reported to be injured.

Shortly later, police say they arrested two men and a woman in the 5700 block of West Street in Halifax.

There's no word yet on possible charges.

METRO

Dartmouth bank robber arrested, charged; police

Police have charged a man connected to a Dartmouth bank robbery this week.

In a media release, Halifax Regional Police said shortly after 10:50 a.m. on Tuesday a man entered the East

Coast Credit Union at 155 Ochterloney St., gave the teller a note and indicated that he had a weapon.

No weapon was seen by witnesses.

The suspect fled the bank on foot with an undisclosed sum of money. Patrol officers and the K9 unit were unable to locate him.

Photos of the suspect were released Thursday, and the same day a 43-year-old man was arrested without incident at a residence in Dartmouth. METRO

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PEGGY'S COVE FESTIVAL OF THE ARTS Artist Mary Lynne MacKay paints a picture of the lighthouse Saturday during a plein air painting weekend, part of the annual event. The festival continues with an art show in Upper Tantallon taking place July 15th and 17th. JEFF HARPER/METRO

Pictou pays tribute to 'Black Battalion'

HISTORY

Town marks 100 years since formation of the No. 2 unit

The premier of Nova Scotia and high-ranking military officials gathered in Pictou to mark the 100th anniversary of the first and only segregated black military unit in the Canadian history.

The No. 2 Construction Battalion, also known as the "Black Battalion," was created in the town a century ago to accommodate black men who wanted to join the Canadian

Expeditionary Force in the First World War.

Members of the Canadian Armed Forces took part in a parade on Saturday, followed by a ceremony at the deCoste Centre.

"The men of the Number 2 Construction Battalion fought for our country with the loyalty and zeal of any other Canadian regiment in the Great War," Rear Admiral John Newton said in a statement.

"But, they assaulted an even greater enemy in an epic national campaign — the battle to respect basic human dignity, rights and freedoms no matter the colour of one's skin, religion, or gender."



The men of the Number 2 Construction Battalion fought for our country with the loyalty and zeal of any other Canadian regiment in the Great War.

John Newton

+ DISBANDED

The No. 2 Construction Battalion, known as the "Black Battalion," was officially disbanded in September of 1920, two years after the First World War.

THE CANADIAN PRESS

Black Canadians flooded to enlist in the military after the war broke out, but were discriminated against by recruiters.

Members of the black community lobbied for the chance to serve their country and were eventually told they could join the war effort if they gathered enough men to constitute their own unit.

Formed on July 5, 1916, the more than 600-strong volunteer unit was not allowed to fight, but dug trenches and repaired roads along the Western Front in Europe.

THE CANADIAN PRESS

ECONOMICS

Maritime lagging behind: Report

A new report from Statistics Canada says some economic indicators show the Maritime provinces lagging behind the rest of the country.

The figures released for April 2016 showed Prince Edward Island, Nova Scotia and New Brunswick had the lowest average weekly wages of the provinces at around \$809, \$857 and \$875 respectively.

Newfoundland and Labrador

neared the top of the list of earners, with an average weekly paycheck of about \$1,007.

According to the report, Atlantic Canada had the four highest unemployment rates of the provinces in June 2016.

It said 12 per cent of Newfoundland and Labrador's labour force is looking for work, well above the national rate of 6.8 per cent. P.E.I. had the second highest unemployment

\$956

The Canadian average for weekly wages was approximately \$956.

rate at 11 per cent, followed by New Brunswick at 10.3 per cent and Nova Scotia at 8.2 per cent.

THE CANADIAN PRESS

ANTI-CYBERBULLYING LAW

Teens face charges for alleged photo share

Six male high school students in southwestern Nova Scotia are facing charges following an investigation into complaints that intimate images of at least 20 young female students were shared online without consent.

Bridgewater Police chief John Collyer said Friday the case marks

one of the first in Canada that involves federal anti-cyberbullying legislation introduced in late 2013 after the high-profile death of Nova Scotia teen Rehtaeh Parsons.

The 17-year-old attempted suicide and was taken off life support after a digital photo of what her family says was a sexual assault was circulated at her school in Cole Harbour, N.S.

"We've been trying to get the word out, but youth live in the moment and they sometimes forget that once (an image) is out there, electronically, it's out there forever," the police chief said.

THE CANADIAN PRESS



It's a tough discussion, but one that needs to be held.

Police chief John Collyer

SHOOTING

Man charged with murder

A 17-year-old has been charged with first-degree murder in the shooting death of a man in Dartmouth.

Police say investigators arrested the teen in London, Ont., just before 3 p.m. Thursday with the help of local police and the province's repeat offender squad.

The arrest comes months after 20-year-old Joseph Douglas Cameron was found dead on a Dartmouth sidewalk, on the morning of March 29.

The teen will appear in a Nova Scotia court at a later date. THE CANADIAN PRESS



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Liberal may bring back prison farms

CORRECTIONS

Gaining life skills reduces recidivism, says former inmate

Pat Kincaid credits the dairy cows on a now-shuttered prison farm in Ontario with teaching him the skills he needed to break a life-long cycle of crime and incarceration.

The 65-year-old Kingston, Ont., resident, who has spent a total of 35 years behind bars for assaults, thefts and other property crimes, hopes other inmates get the chance to benefit from a program the federal Liberal government is now considering reopening.

"There's not a program in jail, even today, that can teach those skills that the cows have taught me by working with them," said Kincaid, who's been out of prison for seven years.

"The cows taught me patience and how to control my anger, and how to deal with

being upset ... I know it helped other inmates too."

The 2010 closure of the country's prison farms by the then-Conservative government — six in total operating at institutions in New Brunswick, Ontario, Manitoba, Saskatchewan and Alberta — was highly controversial.

Opponents argued the decision was made without properly considering the essential skills the farms taught the participating inmates. There was also criticism that local community members had not been adequately consulted.

A town hall is also planned in Kingston at a yet-to-be-determined date, to allow local residents and other stakeholders to share their thoughts.

"If they could save another guy like me, they should keep that barn open," Kincaid said of the dairy farm where he once cleaned stalls, milked cows and helped birth calves. "It made my time go quick. I didn't even realize I was doing time when I was in the barn."

THE CANADIAN PRESS



Pat Kincaid in Kingston, Ont., on Friday. Kincaid served 4-1/2 years at the Frontenac Institution where he cared for 120 animals as part of the prison farm. LARS HAGBERG/THE CANADIAN PRESS



Auschwitz survivor Nate Leipziger embraces Prime Minister Justin Trudeau after presenting him with a book as director of the Auschwitz-Birkenau State Museum Dr. Piotr Cywinski, back left, and Rabbi Adam Scheier look on. PHOTOS: ADRIAN WYLD/THE CANADIAN PRESS



Trudeau stands in front of the Wall of Death after laying a wreath during the tour.



Trudeau walks through the main gate with Foreign Affairs Minister Stéphane Dion, second from right.

POLAND

Trudeau in emotional visit to Auschwitz

Prime Minister Justin Trudeau arrived in Ukraine after an emotional visit Sunday to the scene of one of the worst chapters in human history, the Auschwitz-Birkenau concentration camp, where he warned against intolerance and offered a message of love.

The blue skies and sunshine were a sharp contrast to the history of the camp as the prime minister walked past barbed wire fences and surveyed the gas chambers where more than one million people, mostly Jews,

were killed in the Second World War.

Trudeau was stone-faced through most of the visit as he was escorted by one of the camp's survivors, 88-year-old Nate Leipziger. But the prime minister couldn't hold back the tears as he stood before the ruined gas chamber where Leipziger's mother and sister were murdered more than 70 years ago.

The prime minister didn't speak much during the nearly three hours he spent walking

through the camp. But he did leave a message in a guest book kept by the Auschwitz-Birkenau State Museum.

"Tolerance is never sufficient," he wrote. "Humanity must learn to love our differences."

"Today we bear witness to humanity's capacity for deliberate cruelty and evil. May we ever remember this painful truth about ourselves, and may it strengthen our commitment to never allow such darkness to prevail."

"We shall never forget."

In an interview afterward, Leipziger, who has served on different Holocaust remembrance committees in Canada, said he tried to convey to Trudeau "the tragedy of what men did to men, the hatred which drove on group of people to murder another."

After visiting Auschwitz-Birkenau, Trudeau flew to Ukraine where he was to express Canada's solidarity with the country and sign a free trade agreement.

THE CANADIAN PRESS

ANIMALS

Puppy saved from coyote attack in Calgary



Brodie Thomas
Metro | Calgary

Olive the dog had a very "ruff" day on Saturday, but it could've been a lot worse were it not for the actions of some brave bystanders who stopped a coyote attack.

It all began when the one-year-old black lab's owner, Brent McConnell, was getting ready to take her for a walk. She was beside him in his Edgemont garage when she bolted towards the road. Although he didn't

see exactly what happened, McConnell believes that Olive ran into a moving vehicle, which he notes wasn't moving too fast.

Not injured, but definitely spooked, Olive ran off leaving McConnell, along with several members of his family, to mount a search party.

Meanwhile, several people driving near Nose Hill Park spotted Olive making her way up Shaganappi Trail.

Kendra Scurfield had been driving back from the airport when she saw Olive. She pulled over and for a time was able

to capture the pup with help from other motorists, until Olive wriggled loose from her collar and bolted again into the park.

"Then we see she found another dog. Then several dogs. And one of the guys goes, 'No, no. Those aren't dogs. Those are coyotes.'"

Zac Wulf Gillrie had pulled over to see what the commotion was. As soon as he got out of his car, he could see a pack of at least five coyotes circling around Olive and nipping at her. He along with several other men ran into the park to scare them off.

Gillrie worked as a ranger for the province in the past, and he wasn't too concerned about the coyotes. "The dog was extremely afraid — but of course you heard that Olive had been hit by a car — the coyotes sensed that."

Even once the coyotes were gone, Olive was still frightened and she wouldn't go towards any of her would-be helpers. They managed to chase her back towards Edgemont. Luckily, she recognized her own home and ran there. She was taken to a veterinarian where she was kept overnight for observation.



Olive the dog COURTESY BRENT MCCONNELL

Shooter taunted police

Protests continue in Baton Rouge

DALLAS

Authorities say gunman had personal arsenal at home

The suspect in the deadly attack on Dallas police taunted authorities during two hours of negotiations, laughing at them, singing and at one point asking how many officers he had shot, the police chief said Sunday.

The chief and the county's most senior elected official also said Micah Johnson had larger attack plans and possessed enough explosive material to inflict far greater harm.

"We're convinced that this suspect had other plans and thought that what he was doing was righteous and believed that he was going to target law enforcement — make us pay for what he sees as law enforcement's efforts to punish people of colour," Chief David Brown told CNN's State of the Union.

Johnson, a black Army veteran, insisted on speaking with a black negotiator and wrote in



Police officers join parishioners of First Baptist Church in Dallas as they gather on Sunday to pray for victims of Thursday's attack. LAURA BUCKMAN/AFP/GETTY IMAGES

blood on the wall of a parking garage where police cornered and later killed him, Brown said.

The gunman wrote the letters "RB" and other markings, but the meaning was unclear. Investigators are trying to decipher the writing by looking



We're convinced that this suspect had other plans.

Chief David Brown

through evidence from Johnson's suburban Dallas home, Brown said.

The writing suggested that Johnson was wounded in a shootout with police. An autopsy will confirm exactly how many times he was hit, Dallas County Judge Clay Jenkins said.

Authorities do not "have any independent report from an officer saying, 'I think I hit him,'" Jenkins said.

The police chief defended the decision to kill Johnson with a bomb delivered by remote-controlled robot, saying negotiations went nowhere and that officers could not approach him without putting themselves in danger.

Brown said he became increasingly concerned that "at a split second, he would charge us and take out many more before we would kill him."

The shootings marked the deadliest day for U.S. law enforcement since the Sept. 11, 2001, terrorist attacks. In all, 12 officers were shot just a few blocks from where President John F. Kennedy was slain in 1963.

So far, the evidence points to the attack being a "crime of opportunity," Jenkins said.

Authorities have said the 25-year-old gunman kept a journal of combat tactics and had amassed a personal arsenal at his home that included bomb-making materials.

THE ASSOCIATED PRESS

Officers with rifles were blocking the ramps to keep protesters off Interstate 10 in downtown Baton Rouge Sunday, and about 130 people have been taken into custody as marches continue over shootings by police.

Gov. John Bel Edwards said he's "very proud" of the Louisiana law enforcement response to protests over the fatal shooting of a black man, Alton Sterling, by white police officers in the city.

Flanked by law enforcement leaders, Edwards said he doesn't believe officers have been overly aggressive by using riot gear to push protesters off a highway.

"The police tactics in response have been very moderate. I'm very proud of that," said the Democratic governor, who comes from a family of sheriffs.

Tensions between black citizens and police have risen over the past week amid police shootings of African-American men in Minnesota and Louisiana and the murder of five police officers by a black suspect in Dallas in retaliation. THE ASSOCIATED PRESS

IN BRIEF

Australian leader claims win, questions remain

Eight days after Australia's general election ended in uncertainty, the prime minister finally claimed victory Sunday for his conservative coalition, bringing an end to the country's political paralysis — for the moment.

With official results still pending, it was unclear whether Prime Minister Malcolm Turnbull's Liberal Party-led coalition had won enough votes to govern in its own right.

THE ASSOCIATED PRESS

New wave of violence hits South Sudan

South Sudan's capital was rocked Sunday by heavy arms fire between forces loyal to the president and those of the vice-president, causing widespread casualties and raising fears the country is returning to civil war. The fighting began in the morning and continued until the evening, when a thunderstorm put a damper on the violence, said UN mission spokeswoman Shantal Persaud. She confirmed that a UN armoured personnel carrier was hit by a shell at a camp to protect civilians. THE ASSOCIATED PRESS

SAN DIEGO

Third victim dies in attacks on homeless

A man injured during a series of attacks on homeless men in San Diego died at a hospital Sunday — bringing the death toll to three, police said.

Dionicio Derek Vahidy, 23, died four days after he became the fourth and final victim in the attacks, police said. Vahidy had been in grave condition since Wednesday and had not been expected to survive.

Vahidy was from San Diego and was homeless, police said. He was attacked at an apartment complex downtown, police said. A witness pulled away a burning cloth that the attacker put on him before fleeing.

In the days before the attack on Vahidy, two other men were killed and a third was severely injured. Three victims were

sleeping alone, and two were set on fire.

On Thursday, Anthony Padgett, 36, was arrested on suspicion of murder, attempted murder and arson in the attacks.

He has not yet appeared in court, and it's not clear whether he has hired an attorney. Attempts by The Associated Press to reach family members have been unsuccessful.

Padgett was arrested about a block from a trolley station in Chula Vista, the San Diego suburb where he was born.

The violence began July 3, when police found the badly burned remains of Angelo De Nardo. The 53-year-old died before his body was set on fire.

THE ASSOCIATED PRESS



Evidence is gathered from the sidewalk and grassy area where a homeless person was attacked in San Diego. THE ASSOCIATED PRESS

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LABOUR

Canada Post drops lockout threat

Canada Post has backed off a threat to lock out 50,000 of its unionized workers on Monday.

Talks resumed Sunday and Canada Post issued a statement that says it has withdrawn its lockout notice.

Labour Minister MaryAnn Mihychuk issued a statement earlier

in the day encouraging the two sides to continue their discussions beyond midnight.

Canada Post says it hopes the union will not issue a strike notice, saying that would provide the certainty in the postal service that Canadians are looking for.

THE CANADIAN PRESS

G20

Ministers call for anti-trade rollback

Trade ministers from the G20 nations have called on their governments to roll back anti-trade measures that have become more pervasive than any time since 2009.

Following a two-day meeting in Shanghai, the ministers said in a joint statement on

Sunday that they were "concerned" about rising protectionism around the world and "significantly slowed" trade growth figures. They backed a set of nine core principles for global investment policymaking ahead of the September G20 summit in Hangzhou. THE CANADIAN PRESS

THE TOP 6@6

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- 4 Kygo ft. Maly Noyes
Stay
- 3 Twenty 1 Pilots
Ride
- 2 OneRepublic
Wherever You Go
- 1 Selena Gomez
Kill Em With Kindness



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Tourists take in the views from the Glacier SkyWalk near the Columbia Icefields in Jasper National Park.

THE CANADIAN PRESS

Climbing up the success mountain

TOURISM

Alberta hopes Rockies visitors will explore the whole province

Alberta's Rocky Mountains are once again bursting with visitors in what could be another banner year, but the government is hoping to get more tourists spending in other areas of the province as well.

"The Rockies are often the hook to get those international travellers to come," says Shelley Grollmuss, vice-president

of industry development at Travel Alberta.

"And then we work very hard with our industry partners to try and build road trips or other itineraries, where they can go into other areas of the province and explore."

It's all part of the province's plan to boost tourist spending from the \$8.3 billion in 2014 to \$10 billion by 2020, and to increase jobs in the industry as it works to further diversify an economy that has been heavily reliant on oil and gas.

Grollmuss says tourist numbers are helped by a low dollar that helps make Canada less expensive and more attractive

to international visitors.

An increase in direct international flights is also helping, Grollmuss says.

Hainan Airlines recently launched a direct flight from Beijing to Calgary at the end of June, while WestJet started flying direct to London in May.

But attendance at national parks in Alberta is making other attractions pale in comparison. Banff saw an eight per cent jump to 3.9 million visitors, Jasper was up five per cent to 2.3 million, and Waterton Lakes rose 16 per cent to 486,000 visitors for the financial year ended in March.

THE CANADIAN PRESS

STUDY

Women retire in poverty

During their working years, women tend to earn less than men, and when they retire, they're more likely to live in poverty.

These are women who raised children and cared for sick and elderly family members, often taking what savings and income they do have and spending it on things besides their own retirement security.

The National Institute on Retirement Security, a non-profit research centre in the U.S., reports that women are 80 per cent more likely than men to be impoverished at age 65 and older. Women age 75 to 79 are three times more likely.

While experts cite a pay gap as a major cause for retirement insecurity, other factors play a role, from single parenthood and divorce to the fact that women typically live longer than men.

Joan Entmacher, vice-president for family economic security at the National Women's Law Center, says "the solution to the retirement (funding) crisis starts with the earnings and wage gap."

That gap narrowed between the 1970s and 1990s, but stopped shrinking in 2001.

THE ASSOCIATED PRESS

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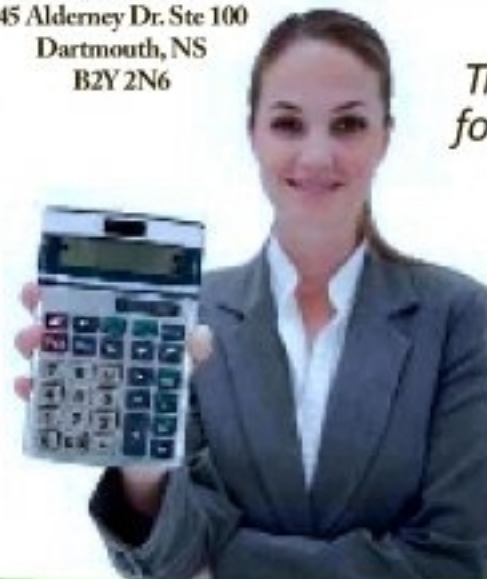
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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

My boss showed up at my office team's after-hours function and ordered one of my colleagues to change seats so that he could have it. Is there anything anyone could have done about this?

Hi Ellen,

Our office team had a casual get-together. The manager arrived late, walked up to a person sitting in the middle of the table and told him, "I'll have this seat; you can go sit over there." The person obediently moved to the less desirable seat. I was shocked. Was the manager abusing his authority? What is the office etiquette in this situation? If it happens to me, should I obediently give up my seat, or speak up and risk getting fired?

Signed,
Mary

Dear Desperate,

I'm outraged on your behalf, but not actually shocked.

There's an artist named Jenny Holzer, whose work in the 1980s included neon signs spelling out slogans, and one in particular always stayed with me: "Abuse of power comes as no surprise." I first saw that piece when I was working for a series of friendly bosses, who were talented, encouraged good work, and were huge fun in social situations. But their many small abuses of power ultimately drained all respect I had for them as individuals.

It's so weak for anyone in a position of authority to take advantage of their situation, to claim attention and small luxuries for themselves after office

At least with a blatantly evil boss there's no pretence of mutual affection or respect.



© Ani Castillo

hours when they're already enjoying a higher salary and the power to control people's lives during the workday. And for you, the employee who isn't quite sure whether you're kicking back and relaxing as equals, or whether you're still at the beck and call of that smarmy b—d, it can be confusing and exhausting.

At least with a blatantly evil boss — the kind who gets off on torturing employees with overwork, underappreciation, passive-aggressive mind games or outright lying about raises and promotions, etc. — there's no pretence of mutual affection or respect. With the BEB, you can at

least spend many a pleasant hour (ideally, on company time) fantasizing about the day you find a better job and can crush them with a devastating exit speech. Or, even better, maybe you'll find something on the photocopier that will make it morally justifiable to blackmail them in order that you may ascend to the Iron Throne, whereupon you wouldn't actually physically torture them (torture is never justified), but they wouldn't know that, and they would really regret how crappy they were to everyone and suddenly realize how awful it is to be under someone else's thumb.

As for the etiquette in the situation you describe, your co-worker, by quietly moving to another seat, displayed far better manners than your flagrantly discourteous boss. And though no one's likely to get fired for refusing to give up a seat in a bar, we all know the trickle-down effect of not sucking up 24/7 to a power-tripping authority figure.

So if it happens to you, button your lip, do what you're told, and don't make the mistake of thinking your power-abusing boss is a friend.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

Courts are proving that homelessness isn't just a fact of life

Some things seem intractable, until they are not.

In May, 2015, Medicine Hat, Alta., was basking in glowing headlines as the first city in Canada to claim it had eliminated homelessness, having created housing for people who had none and doggedly encouraged them to move in. It was a victory — and proof that one is possible — but it was not to be repeated by authorities elsewhere with any speed. Homelessness is still treated by most Canadian cities as unsolvable.

And that has forced courts to become our sometimes unwitting moral compass.

Last week, a B.C. Supreme Court judge ordered the disbandment of a swelling, controversial tent city outside a provincial courthouse in Victoria, and simultaneously handed its homeless dwellers and their advocates a legal victory. Chief Justice Christopher Hinkson ruled not only that the camp had become too unsafe — noting garbage, discarded needles and condoms, aggressive dogs, a changing population, and at least two rats nests — but also that the province couldn't just force people to pull down their tents; it has to find everyone a place to live by Aug. 8.

It's not the first time this judge has shamed politicians into more ethical treatment of their homeless constituents. Eight years ago, in another B.C. Supreme Court case, Hinkson ruled that homeless people's charter-enshrined

right to security of the person means they should be allowed to camp in city parks. In response, the City of Victoria enacted a bylaw against propping up tents in the daytime. But the measure doesn't extend to provincial land, such as the courthouse premises; hence the so-called "Super InTent City," which quickly flourished after appearing last year.

Victoria has a long, troubled history of homelessness, one many say has been inflamed by the tent-city legal battle. "It has drained Victoria of its compassion" was the diagnosis from beloved Times-Colonist columnist Jack Knox.

But advocates are also calling it a "historic victory." It certainly marks another crucial legal ruling. And once again it puts the courts on the moral high ground above ineffectual politicians: As the judge allowed the tent city to endure, the province was forced to act. In the last year, it "secured more than 300 units of transitional and permanent housing for people who are homeless," the Times-Colonist reported, and \$26 million in further funding. It's not a magic pill, but at least it's something. At least we have this very low bar, now, set by the courts: We all deserve a home.

The trouble now will be finding leaders outside Medicine Hat willing to believe it.

Search for 'Nth Wave,' Rosie's new podcast, on iTunes, Stitcher and Soundcloud.

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I feel that being a mum means you have a very real stake in the future of our country, a tangible stake. She possibly has nieces, nephews, lots of people, but I have children.
Britain's Conservative leadership candidate Andrea Leadsom, right, claiming she has an advantage over rival Theresa May, left.

Fertility apps rarely bear out

REPRODUCTIVE HEALTH

New study looks at 95 tools that claim to predict ovulation

There are dozens of smartphone and web apps women use to avoid pregnancy — but do they actually work?

Most don't, according to a new study from Georgetown University researchers. The peer-reviewed research, published in the latest issue of the *Journal of the American Board of Family Medicine*, looked at nearly 100 fertility awareness apps and found a majority aren't designed for avoiding pregnancy, nor based on evidence-based fertility awareness-based methods women often use to track their cycles — some to avoid conception, and others to aid in conceiving.

"I don't think the apps are necessarily helping women as much as they purport they are," says the study's lead author, Dr. Marguerite Duane, an adjunct associate professor at the Georgetown University School of Medicine and executive director of Fertility Appreciation Collaborative to Teach the Science.

And that's concerning, Duane says, given how popular these apps are becoming. The top apps have been downloaded more



When Jenn Tesluk and her husband decided to have kids, she tried two apps that showed her ovulation days, but each one gave a different answer. When either app told her she was ovulating, ovulation test strips didn't back it up. MARCUS OLENIUK/TORSTAR

than one million times each, her study notes.

The research looked at 95 apps in total, but eliminated 55 off the top because they either had a disclaimer prohibiting use for avoiding pregnancy or didn't claim to use evidence-based fertility awareness-based methods, which help predict fertile and infertile

times in a woman's cycle — systems such as the sympto-thermal method, which involves recording fertility clues like a woman's basal body temperature, mood, and cervical secretions.

Duane wouldn't recommend these apps for women trying to avoid pregnancy. "But if you want to track one of your periods coming, that's completely different," she adds.

When it came to the 40 apps Duane's team did review, 30 predicted fertile days for users and

10 didn't. The researchers entered in seven different "cycles" to test each app, with data that varied in cycle length and fertility observations — reflecting the diversity of real women.

While many women swear by apps, citing success stories like longtime pregnancy prevention or conception on the first go, others find them useless. Some women also end up using apps for both purposes — at first preventing pregnancy, then later in an attempt to conceive.

Pickering resident Jenn Tesluk also used an app to track her cycles while using different forms of birth control — from condoms to the NuvaRing — and eventually just to check when she'd be getting her period after she stopped using various birth control methods. But she didn't feel like the apps were totally reliable beyond period tracking. When it came to avoiding pregnancy, "we were just lucky," she says.

Later, when Tesluk and her husband Matt decided to have

+ CHECK IT OUT

Which widgets are accurate

Out of the 30 apps predicting a woman's fertile days, Dr. Marguerite Duane only recommends the top-rated apps in the study: **Ovulation Mentor**, **Sympto.org**, **iCycleBeads**, **LilyPro**, **Lady Cycle**, and **mfNFP.net** — which all had either a perfect score on accuracy or no days of fertility labelled as infertile.

kids, she tried two different apps that showed her ovulation days, but each one gave a different answer.

"It was really frustrating," she says. Her cycles, she adds, are a bit longer than the average woman — around 35 days, instead of the typical 28.

If apps are using that "typical" menstrual cycle, that might explain why many women wouldn't find them accurate, notes Dr. Yolanda Kirkham, an obstetrician-gynecologist at Women's College Hospital and St. Joseph's Health Centre.

While Kirkham always encourages her patients to learn more about their cycles, she says the apps merely act as a tracking tool — and should be coupled with speaking to your doctor and learning how to gauge your own body.

"We can't rely just on computers. They don't know you personally. It's always much better to chart for yourself, rather than using a one-size-fits-all app," Kirkham says. TORSTAR NEWS SERVICE

“It's always much better to chart for yourself, rather than using a one-size-fits-all app. Dr. Yolanda Kirkham

AUGMENTED REALITY

Watch your step, would-be Pokemon Go masters

Beware: Pokemon Go, a new smartphone game based on cute Nintendo characters like Squirtle and Pikachu, can be harmful to your health.

The "augmented reality" game, which layers gameplay onto the physical world, became the top grossing app in the iPhone app store just days after its Wednesday release in the U.S., Australia and New Zealand. And players have already reported wiping out in a variety of ways as they wander the real world — eyes glued to their smartphone screens — in

search of digital monsters.

The game was created by Niantic Inc., a San Francisco spinoff of Google parent Alphabet Inc. that previously became known for a similar augmented-reality game called "Ingress."

To play, you fire up the game and then start trekking to prominent local landmarks — represented in the game as "Pokestops" — where you can gather supplies such as Pokeballs. Those are what you fling at online "pocket monsters," or Pokemon, to capture them for training. At other locations

called "gyms" — which may or may not be actual gyms in the real world — Pokemon battle one another for supremacy.

Naturally, the game has also induced people to post pictures of themselves on social media chasing creatures in all sorts of dangerous situations.

Zubat and Paras have appeared on car dashboards. Caterpies have been spotted at intersections. Ankle injuries, mishaps with revolving doors and walking into trees have been among the painful results.

Lindsay Plunkett, a 23-year-

old waitress in Asheville, North Carolina, made a point on Friday of parking six blocks away from the restaurant where she works, instead of the usual three. "Just so I could get some more Pokestops on the way," she says.

She's still nursing a bruised shin from the previous night, when she and her boyfriend spent hours wandering downtown in the rain. She tripped over a cinder block that had been used as a doorstep at a local women's museum.

THE ASSOCIATED PRESS



Lindsay Plunkett, 23, tripped over a cinder block doorstep while playing Pokemon Go. JUSTIN HARRISON VIA AP

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Let's get physical

WHY I LIKE MY JOB

**Stephen Sinanan, 41,
Group Fitness Instructor at
GoodLife Fitness in Toronto**

I help people reach their fitness goals and potential. I've always been passionate about physical fitness, but it wasn't until my mid-30s when I realized I could convert this passion into a fulfilling career.

I made the decision to gradually part ways from a position in the publishing industry and started an accelerated training program in group exercise fundamentals. I landed my first gig as a Body Combat instructor with GoodLife Fitness. Since then I've progressed to teach a variety of fun programs that include dance, yoga, HIIT (high-intensity interval training) and aqua.

The job is more than just inspiring people to achieve five more push-ups; it's also about giving people the skills to deal with stress in a positive way. Nothing beats an endorphin rush to wash away the day's worries. Finally, connecting with people — both in and out of the studio — is what fuels my passion.

HOW TO START

Although there is no formal educational requirement to jump into a career as a personal trainer or fitness instructor, most professionals find success in this field with a post-secondary credential in a health- or fitness-related discipline. The Can-Fit-Pro certification is a popular starting point, as students will learn the fundamentals of running personalized programs.

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Stephen Sinanan can be found on Instagram @divasteve

WHERE YOU CAN GO

Most professionals find work in recreation centres, gyms, resorts and hotels, or in private homes. A recent epidemic of sedentary living has resulted in an influx in heart disease, obesity, depression and other life-altering illnesses, and physical fitness is often prescribed as the most beneficial treatment. As such, more people are signing up for fitness classes and training plans to help lead healthier lives.

NEXT CAREER STEP

Those seeking career advancement may choose to pursue a degree in physical education, kinesiology or exercise science to obtain a position as head trainer, gym owner or fitness director. There are also a variety of senior-level roles centred on physical rehabilitation, weight management, nutrition, and program development.



Don't let market fluctuations affect your financial plans. iStock

Growing your own personal economy

Gail Vaz-Oxlade
For Metro Canada



Have you ever noticed that the financial news is always full of some drama or another. The stock market is skyrocketing. The stock market is diving. The credit world is in meltdown. Savings are in the tank. Inflation is zooming up.

People are swayed by the news. It creates stress and tension. Even the investment world is always responding to the news, although those folks should know better.

In the book, *Why Smart People Make Big Money Mistakes*, Gary Belsky and Thomas Gilovich cite a Harvard study of investment habits: "Investors who received no news performed better than those who received a constant stream of information, good or bad. In fact, among investors who were trading (a volatile stock), those who remained in the dark earned more than twice as much money as those whose trades were influenced by the media."

Their point is that investment decisions should not be made based on the market's most recent gyrations, but on your financial goals and the investment strategy that will achieve them.

Focusing on your personal economy means putting the pieces into place that will protect you and give you some financial room to maneuver. Having clear financial goals helps.

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"Looking forward to wearing some red white and blue in Rio": Rickie Fowler took to Twitter to say he'll represent the U.S. at the Olympics

Murray mows down Milos

WIMBLEDON

Raonic misses out on winning Canada's first singles Slam

Milos Raonic battled all match trying to get to a level that was "good enough" to make him Canada's first Grand Slam singles champion. In the end, he couldn't quite get there.

The Thornhill, Ont., product lost in straight sets to Andy Murray in the Wimbledon final Sunday in the first major singles championship match to feature a Canadian man.

"That's pretty much the thing you're fighting the most, is to try to find a level that's good enough," Raonic said. "I was keeping up with him but when it counted I wasn't able to get on top."

Murray, the local favourite, topped the 25-year-old Raonic 6-4, 7-6 (3), 7-6 (2) to capture his second Wimbledon title and third major championship.

Raonic, who came into the match on a high after beating Swiss superstar Roger Federer in a five-set semifinal thriller on Friday, had a solid run at this year's tournament.

Down two sets to love in the fourth round against Belgium's David Goffin, Raonic found a way to pull through and advance to the quarter-finals, where he beat Sam Querrey in four sets.

"It was phenomenal," Raonic said of his performance. "I stepped up in a semifinal that twice I struggled in the past,



Andy Murray hoists the championship trophy after beating Milos Raonic, left, in the Wimbledon final in London, Sunday. ANDY COULDRIDGE/POOL/THE ASSOCIATED PRESS

I came back from two sets to love down which is a first time for me, I showed guts, I showed vigour and I have to carry that through to the next events."

Eugenie Bouchard of Westmount, Que., is the only Canadian female to play in a Grand Slam singles final. She lost to Petra Kvitová at Wimbledon in 2014. Toronto's Daniel Nestor is an eight-time major champion in doubles.

Earlier Sunday, Canadian teen Denis Shapovalov won the Wimbledon's boys' title, defeat-

ing Australia's Alex De Minaur in three sets. The 17-year-old Shapovalov, from Richmond Hill, Ont., bounced back from a 6-4 loss in the first set to take

Serena's superb Saturday

Serena Williams is leaving Wimbledon with two trophies after winning both the women's singles title and the women's doubles championship on Saturday.

Williams collected her 22nd Grand Slam singles

the next two, 6-1, 6-3 respectively.

And later, Shapovalov and Canadian partner

title with a 7-5, 6-3 victory over Angelique Kerber, then teamed with sister Venus to beat Timea Babos and Yaroslava Shvedova 6-3, 6-4.

THE ASSOCIATED PRESS

Felix Auger-Aliassime lost in the doubles final to Kenneth Raismäe of Estonia and Stefanos Tsitsipas of Greece 4-6, 6-4, 6-2.

"The appreciation for tennis in Canada has considerably grown," Raonic said. "There's always a big contingency and a big showing and that's a great honour to have that support. What happened today happened and I think the only thing I could ever regret was if I didn't do everything I can to make myself return to this position again."

Murray came into the tournament after losing to Novak Djokovic in the finals of both the Australian Open and French Open this year.

Three years ago, Murray became the first British man since 1936 to win the singles title at the All England Club. He also won the U.S. Open in 2012, a few weeks after winning the Olympic gold medal at Wimbledon.

"It is different. I feel happier this time. I feel more content this time. I feel like this was sort of more for myself more than anything, and my team as well," said the second-seeded Murray, who was playing in his 11th major final, but the first against someone other than Djokovic or Federer.

THE CANADIAN PRESS
WITH FILES FROM THE
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GETTY IMAGES

IN BRIEF

Canadian men's basketball team falls short of Rio

Canada's men's basketball team saw its dreams of playing in the Rio Olympics dashed.

The Canadians lost 83-74 to France in Sunday's heartbreaking final of FIBA's last-chance Olympic qualifying tournament in Manila, Philippines.

Toronto Raptors guard Cory Joseph had 20 points and six assists to lead the Canadians, who were hoping to make their first Olympic appearance since the 2000 Sydney Games.

THE CANADIAN PRESS

Avs lock up MacKinnon through 2022-23 season

The Colorado Avalanche have signed forward Nathan MacKinnon to a \$44.1-million, seven-year deal that runs through the 2022-23 season.

The 20-year-old from Cole Harbour had 21 goals and 31 assists last season. MacKinnon missed the last 10 games after he sprained a ligament in his knee.

He was the No. 1 pick in the 2013 draft and went on to win the Calder Trophy as the league's top rookie. THE ASSOCIATED PRESS

Blue Jays enter all-star break on a winning note

Josh Donaldson belted a three-run home run and Josh Thole drove in a pair as the Toronto Blue Jays defeated the Detroit Tigers 6-1 on Sunday afternoon.

R.A. Dickey (7-9) tossed seven innings of one-run baseball, allowing five hits while striking out five and walking two. After six losses in home starts, Dickey has won back-to-back decisions at Rogers Centre. THE CANADIAN PRESS

Hamilton successful in defending title at home

Defending Formula One champion Lewis Hamilton reeled off his fourth win in five races Sunday at the British Grand Prix.

The Mercedes driver's victory completes a hat trick of consecutive home wins at the British Grand Prix, and is his fourth win on home soil and the 47th of his career.

THE ASSOCIATED PRESS

SOCCER

Portugal tastes championship glory at last



Cristiano Ronaldo lifts the trophy as he celebrates with Portugal teammates on Sunday. FRANCISCO LEONG/AFP/GETTY IMAGES

Portugal overcame the loss of injured captain Cristiano Ronaldo to beat France 1-0 in the European Championship final on Sunday, with a goal in extra time from substitute Eder securing their country's first soccer title.

Just as the final looked destined for a penalty shootout, Eder cut through the French defence and struck a low shot from 25 metres past goalkeeper Hugo Lloris in the 109th minute at the Stade de France.

Twelve years after losing to Greece on home soil in its last



appearance in the final, it was Portugal's turn to spoil the host nation's party. And the Portuguese achieved it after winning only one of their seven games inside 90 minutes, and after los-

ing the inspirational Ronaldo midway through the first half.

"It was tough because we lost our main man and we had all our hopes pinned on him because he's a player who can score a goal at any minute," Portugal defender Pepe said. "When he said he couldn't go on, I tried to tell my teammates that we have to win it for him. That we were going to fight for him."

Ronaldo exited the pitch on a stretcher in the 25th minute after injuring his left knee in the ninth from a tackle by France's Dimitri Payet. THE ASSOCIATED PRESS

RECIPE Corn and Black Bean Couscous



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

We love mixing the season's fresh ingredients into easy-to-cook grains like couscous. We also like eating these dishes outside with a ice cold beverage.

Ready in
Prep time: 10 minutes
Cook time: 20 minutes
Makes 4 servings

Ingredients

- 1 package couscous, cooked according to package directions
- 4 ears of corn, boiled
- 1 red bell pepper, cored, seeded and diced
- 1 can organic black beans, rinsed and drained
- ½ cup finely chopped red onion
- 1 cup crumbled feta cheese
- 1/3 cup cilantro, finely chopped

Dressing

- 1 tablespoons extra virgin olive oil
- 2 tablespoons rice wine vinegar
- 1 tablespoon lemon juice
- 1 tablespoon honey
- 1/4 teaspoon salt

Directions

1. Cut corn kernels from boiled cob. Pour cooked couscous into a large mixing bowl and stir in corn, black beans, red bell pepper and feta.

2. Meanwhile, in a small bowl, whisk the olive oil, rice wine vinegar, lime juice and honey. Sprinkle in the salt and stir.

3. Pour dressing over salad and mix to coat couscous. Stir in cilantro. Serve immediately or chill for one hour and serve cold.

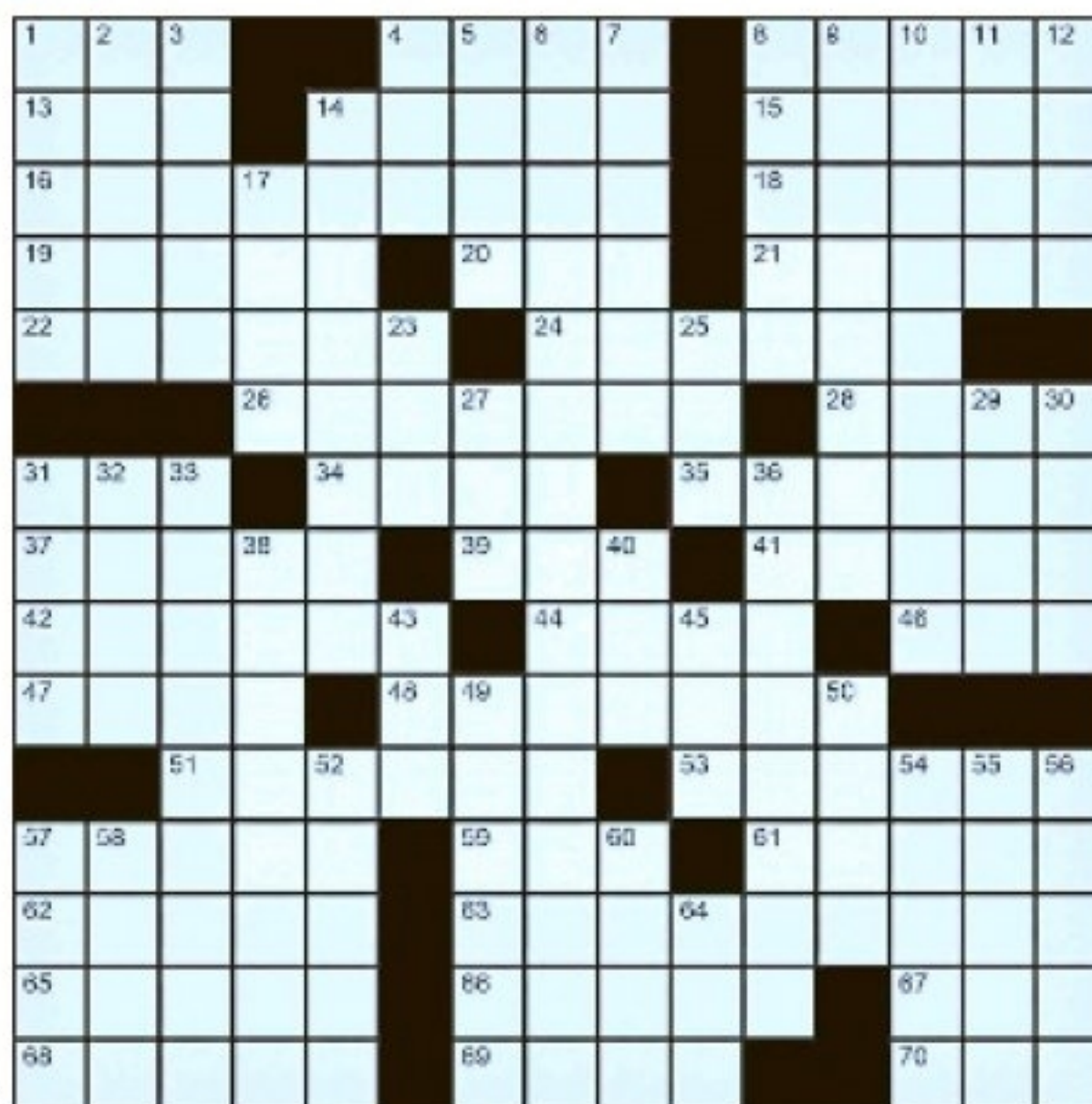
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Bug
4. Bought - but then taken back to the store [abbr.]
8. Scatter
13. Suffix with 'Chlor'
14. Actress Anne
15. Dried plum
16. Star/composer/creator of the hit musical at #14-Down, _ _ Miranda
18. Ceiling of sorts
19. Levi's material
20. Exec. level
21. Citric and Glycolic
22. Kangaroo logo shampoo
24. "Strut" by Sheena _
26. Detox
28. Pro _ (in proportion)
31. "...mouse?"
34. _ messaging
35. Eugenie Bouchard's sport
37. Large in scale
39. Street for Freddy
41. Climbing leguminous plant
42. Emergency signals
44. "...bug!"
46. "...Pilot" by Eric Burdon & The Animals
47. Nautical mile
48. Pancakes cooker
51. Julius Caesar conspirator
53. Ete: English
57. Anew
59. _-mo replay
61. "I Was _ War Bride" (1949)
62. Filled



63. Sewing kit item: 2 wds.
65. Full of life
66. Hole- _ _
67. Geog. co-ordinate
68. Indiana basketball
69. Edge tool

70. Conductor, _ Pekka Salonen

DOWN

1. Ms. Swinton
- "Bon voyage!"
- Actor Mr. Badgley's
- Stimp's cartoon co-star

5. _ Secum, Nova Scotia
- PEI nickname: 3 wds.
- Ms. Burke's of "Designing Women"
- Tomato-hitting-the-ground sound
- Three-pointed-brim hat, variantly

10. Goats and giraffes
- This '90s Canuck hit's bit: "...I was three inches shorter then..."
- Drenches
- Tony-winning musical ...sharing the name of a southern Ontario city

17. Filing abbr.
23. Shoe width
25. Television _
27. Electric guitar, in slang
29. _ tock
30. Hair hues, sometimes
31. Siberian city
32. Madonna song
33. Skilled at gymnastics
36. Assess
38. Fetch, like a 'Golden' dog
40. Club _ (Tropical trips company)
43. _ Pepper (Beatles character)
45. "Constant Craving" singer ms. lang, et al.
49. Moscow's locale
50. TV award
52. Anesthetized
54. Canadian syrup
55. Saint _ Mountains (Range where Mount Vancouver is)
56. Hertz _ Car
57. Rush, office-style
58. Fancy bash
60. The Wizard _
64. Compass point

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This will be a challenging Monday, because your home routine will be interrupted in some way. Small appliances might break down, or minor breakages could occur. It could be anything.

Taurus April 21 - May 21
This is an accident-prone day, which means you have to pay attention to everything you say and do. Guard against knee-jerk reactions. Don't be hasty.

Gemini May 22 - June 21
Keep an eye on your money and cash flow, because you might find money; however, you also might lose money! In all cash transactions, check your bill and count your change.

Cancer June 22 - July 23
Your mind is stimulated today, which is why you are intrigued by everything going on around you. But this also might be a nerve-racking day full of little surprises and upsets.

Leo July 24 - Aug. 23
Today your energy is nervous and scattered. Don't worry, because this is a brief influence. Nevertheless, avoid work that requires concentration and attention to detail.

Virgo Aug. 24 - Sept. 23
You might meet somebody new and unusual today. Or possibly, someone you know will do something that surprises you. It's an unpredictable day.

Libra Sept. 24 - Oct. 23
Relations with authority figures could go either way today. They might offer you something new and exciting, or they might say something that upsets you.

Scorpio Oct. 24 - Nov. 22
Travel plans will be canceled, delayed or rescheduled today. Likewise, schedules for higher education (technical schools, colleges and universities) will be changed as well.

Sagittarius Nov. 23 - Dec. 21
Unexpected news that impacts shared property, taxes, debt or inheritances might catch you off guard today. Make sure you get your information right.

Capricorn Dec. 22 - Jan. 20
A conversation with a partner or close friend will have a few surprises for you today. Or perhaps someone will say something that inspires you. It could be anything.

Aquarius Jan. 21 - Feb. 19
Computer crashes, power outages, cancelled meetings and staff shortages are just a few reasons why your work day will be different. But you also might have an exciting change!

Pisces Feb. 20 - March 20
This is an accident-prone day for your kids, so be vigilant. Meanwhile, social engagements and sports events could be canceled or changed. Hmmm.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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